

Smitty's Iron Works

(989) 837-8700

State of Michigan Employees Receive 15%

We Offer a Variety of Membership and Payment Options!

Individual Membership	\$305 or \$50 Down/\$24.95 per Month
Double Membership	\$509 or \$50 Down/\$43.00 per Month
Family Membership	\$611 or \$50 Down/\$51.00 per Month

**FREE Child Care (with Flexible Hours)
& FREE Aerobic Classes**

10,000 Lbs of Free Weights	Full Line of Cybex Equipment
Cardiovascular Training Center	Locker Room Facilities
Personal Training	Nutritional Advising
Fitness Assessments (includes: Body Fat Testing, RMR, & VO2 Testing)	

Comprehensive Aerobics Class Offering

*Spinning	*Boot Camp	*Step Aerobics	*Yoga (& Power Yoga)
*Pilates	*Toning Class	*Low - Mid Impact Aerobics & *TurboKick	

(We are the only facility in town to offer this high energy class!)

Gym Hours

Monday - Thursday	5:00am - 10:00pm
Friday	5:00am - 8:00pm
Saturday	7:00am - 4:00pm
Sunday	10:00am - 3:00pm

Gym Location

1111 East Wackerly
Midland, MI 48642
(989) 837-8700

*Helping You Achieve Your Health
& Fitness Goals!*